

Medical Nutrition Therapy for Specific Conditions Table 1

Condition Category	Primary Nutrition Drivers	Core MNT Goals	Core Nutrition Interventions	Key Nutrients at Risk / Therapeutic Focus	Key Labs / Monitoring
Gastrointestinal Disorders	Dysmotility, dysbiosis, mucosal inflammation, malabsorption	Restore digestion, reduce symptoms, support mucosa	Meal timing, fiber type matching, low-FODMAP trials, anti-inflammatory diet	Zinc, magnesium, glutamine, B12, iron	Stool pattern, calprotectin, CRP, B12, ferritin
Food Allergies & Intolerances	Immune reactivity, enzyme deficiency, histamine load	Prevent reactions, maintain adequacy	Elimination with structured reintroduction, label education	Calcium, vitamin D, B vitamins, iron	Symptom response, nutrient labs
Autoimmune Disorders	Immune dysregulation, gut permeability, inflammation	Reduce immune activation, support tolerance	Anti-inflammatory pattern, gut barrier support, trigger food trials	Vitamin D, omega-3s, zinc, selenium	CRP, ESR, 25-OH-D
Mental Health / Mood Disorders	Neurotransmitter imbalance, inflammation, HPA dysregulation	Mood stability, stress resilience	Regular meals, Mediterranean pattern, caffeine moderation	Omega-3s, magnesium, folate, B6	CRP, ferritin, cortisol (contextual)
Insulin Resistance & Type 2 Diabetes	Hyperinsulinemia, glycemic variability, inflammation	Improve insulin sensitivity, stabilize glucose	Low-glycemic meals, protein/fiber at meals, weight management	Magnesium, chromium (food-first), omega-3s	A1c, fasting insulin, TG/HDL
Cardiovascular Disease, Dyslipidemia, Hypertension	Inflammation, sodium excess, low fiber/potassium	Reduce CV risk, improve lipids & BP	DASH/Mediterranean, soluble fiber, sodium moderation	Omega-3s, potassium, magnesium, fiber	Lipids, ApoB, BP, hs-CRP
Endocrine Disorders	Hormone synthesis imbalance, insulin resistance, stress	Support hormonal balance	Adequate protein, micronutrient sufficiency, low-GL diet	Iodine, selenium, zinc, vitamin C	TSH, free T4, insulin, cortisol
Obesity	Energy dysregulation, insulin resistance, sleep stress	Sustainable fat loss, preserve lean mass	Protein adequacy, fiber density, sleep/stress support	Protein, magnesium, omega-3s	Weight, waist, A1c
Cognitive & Neurodegenerative Disorders	Oxidative stress, glucose hypometabolism, inflammation	Neuroprotection, cognitive support	Mediterranean/MIND patterns, glycemic stability	Omega-3s, B12, folate, antioxidants	Homocysteine, CRP, B12
Hepatic Disorders	Hepatic insulin resistance, fat accumulation, malnutrition	Reduce liver fat, preserve lean mass	Weight loss (7–10%), fructose reduction, adequate protein	Choline, omega-3s, ADEK (cholestasis)	ALT/AST, imaging, albumin
Neurodivergence (Supportive)	Sensory food restriction, selective eating, nutrient gaps	Nutrient adequacy, diet expansion	Food acceptance strategies, gradual exposure, routine meals	Iron, zinc, omega-3s, fiber	Growth trends, intake analysis